

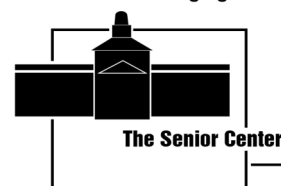
COMING OF Age...

Your Center for Connection

Published Bi-Monthly
Issue #2 Volume XII

City of Newton
Department of Senior Services

Newton Council on Aging



Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660 ■ www.newtonseniors.org

March-April 2019

Increased Income Eligibility to the Tax Deferral Program Will Help More Seniors

With the support of Mayor Ruthanne Fuller and the City Council, Newton has raised the maximum annual gross income level for seniors to qualify for the property tax deferral program from \$60,000 to \$86,000, making many more seniors eligible.

The senior tax deferral program allows homeowners 65 years and older who meet the \$86,000 maximum income requirement, and some property ownership requirements, to delay paying property taxes (up to 50 percent of the home's value) until the home is sold.

"Many, many more people on a fixed income or with a tight budget who want to age in place in Newton will be able to do so by deferring their property tax bills. This will allow more homeowners who have lived their whole lives here to stay here," Mayor Fuller said.

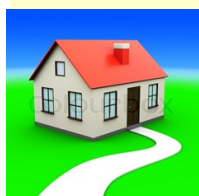
For example, if the owner of a home valued at \$500,000 qualified for the program, he or she could defer taxes of up to 50 percent of the value of the home, or \$250,000. Newton property taxes on a home valued at \$500,000 is about \$6,000 annually. The homeowner could defer those taxes for decades, or for just a year or two,

and use the money for living expenses, home repairs, etc.

The property taxes, with a small interest percentage based on the federal discount rate, currently 2.5 percent, would be owed when the house is sold. There are currently 64 homeowners in Newton

taking advantage of the property tax deferral program, more than in any other community in Massachusetts.

Applications must be approved by April 1st each year to qualify for that year's tax deferment. **More information is available at newtonma.gov. Click on the Assessors tab under City Government on the home page, then click on Tax Assistance Programs on the left side of the page. You may also call 617-796-1160.**



Newton Power Choice Info Session

Tuesday, March 12, 2:00 p.m., **rain or shine**
Beginning this month, the city's new

energy plan will enable Newton residents to choose 100% Green with Newton Power Choice and make a substantial investment in local renewable, clean energy. If you have

questions about the plan, how to sign up, or letters you may have received in the mail, come and ask Ann Berwick, the city's Co-Director of Sustainability. **Just show up.**



Shredding & Drug Take-Back Day

Saturday, April 27th, 8:00 a.m.-12:00 p.m., **rain or shine**
Rumford Avenue Recycling Depot,
115 Rumford Avenue, Auburndale, MA

This is the time to get rid of old papers and medications. If you're a Newton resident, bring your RESIDENTIAL shredding only (no businesses shredding) to this event. Staples may be left in documents, and paper bags may be shredded. **Limited to 4 paper boxes OR 8 paper bags per car.** Also, bring all of your old or unused medications to be properly disposed of. NO liquids, aerosols, or sharps will be accepted. Drive-through service only; residents must remain in their cars the entire time for safety reasons. Co-sponsored by the Newton Department of Senior Services, the Newton Department of Public Works, the Newton Police Department, and the Newton Department of Health and Human Services. **Call the Senior Center Front Desk at 617-796-1660 for a 15-minute time slot.**

Send a Message of Cheer!

Do you have a friend from the Center who has been ill, had a loss, or could just use some encouragement?

If yes, write his or her name in the *Special Thoughts Book* near the coffee table in the first floor common room. A card to your friend will be sent from the Newton Senior Center.

Unless otherwise noted in the program's description.

All programs are free of charge and take place at the Newton Senior Center, 345 Walnut Street, Newtonville, MA, 1

Trips Co-sponsored with Newton Community Education

New York, New York: The Guggenheim, the Park, & More

Date: Saturday, March 23rd,
7:00 a.m.-10:00 p.m. (check-in starts
at 6:30 a.m.)

Description: Hop on board—we're going to New York! Our first stop is Park Avenue. Walk on your own to iconic destinations like Radio City Music Hall or Rockefeller Center, shop at the massive Apple store or even Tiffany's, or stroll in nearby Central Park and grab your lunch (and dinner for later) at one of the many cafes, restaurants, or street vendors. Next up is the Guggenheim Museum (pictured). Considered the "crown jewel" of architect Frank Lloyd Wright, it's filled

with works by Cezanne, Degas, Picasso, and more. Heading home, we'll point out highlights of the city; we'll also stop at a rest stop for a break and a bite. Our ever-entertaining tour guides will share stories, songs, and trivia along the way.



Register: \$145+ \$6 registration fee. Contact Newton Senior Center staff at 617-796-1663 by March 7th for a \$10 discount code. (NCE staff *does not* have discount codes.) Registration required by March 20th. **Go to newtoncommunityed.org to register online, or you can call 617-559-6999.**

Pick-up/Drop-Off Location: Newton North High School, Lowell Avenue Parking Lot (back side of school). Parking in this lot is free.

Upcoming trips (*registration is now open*):

Mystic, Connecticut on May 4
The Berkshires on June 22

Program Notes

Senior Center Meals

Lunch, *Monday–Friday at 11:45 a.m.*
**To reserve, call 617-796-1660
by 11:00 a.m. the previous day.**
A voluntary donation of \$2 is suggested.



**The Newton Senior Center
will be closed on
Monday, April 15th (Patriots Day).**

Fad Diets: Fact vs. Fiction

Thursday, March 21st, 12:00 p.m. to 1 p.m.
Trying to lose a few pounds? If so, you may be wondering if you should try the Keto diet, the Paleo diet, intermittent fasting, or one of the other approaches that are so popular these days. But are they safe and effective? Meghan Ostrander, nutritionist from Springwell, will separate the facts from fiction in this informal talk.
Just show up.

Fitness Class Policy

All Fitness and Wellness classes are listed on the Calendar (pages 8-9) in the top row: "Drop-In Programs." New participants are always welcome! Just drop in. **Please note that fitness classes are funded largely by participants. We rely on your contribution of \$3 per class or more if you can.** Your support allows these classes to happen!

Dialogue with the Director, Jayne Colino

Join Jayne Colino, Director of Senior Services, on Friday, March 22nd and Tuesday, April 30th, at 12 p.m. to discuss your questions and concerns, hopes and dreams.
Just show up.

Registration Instructions for Our Programs

Registration is required, if noted. Programs without minimum registrants are subject to cancellation. We will notify registrants only if there are any changes. Paid programs are first-come, first-served, by date and time of payment.

City Councilor Constituent Hours

City Councilor Emily Norton (Ward 2) will be here from 9 a.m. to 10 a.m. on Friday, March 29th and April 26th to talk about issues of interest to seniors. **Just show up.**

Disclaimer

We thank our advertisers, presenters, and program sponsors for all they do to educate, inform, and inspire participants. The Center does not specifically endorse any service or product advertised, presented, or sponsored herein.

Special Programs

50+ Job Networking Group

Wednesdays: March 13th, March 27th, April 10th, and April 24th, Check-in: 5:30 p.m., workshop from 6:00 p.m. to 8 p.m.

Looking for a job can be challenging at any age, and older job seekers face particular hurdles. This group can help make the process less daunting. Each session will feature strategies to help with various aspects of the job hunt. There will also be time for networking and the opportunity to speak with a career coach. Tammy Gooler Loeb, a veteran coach, facilitates the group; various guest speakers are also featured.

This program is funded by the Massachusetts Executive Office of Elder Affairs and managed by the Massachusetts Councils on Aging (MCOA). **Registration is required. Call Margaret Leipsitz at 617-796-1665 or register online at: <https://mcoaonline.com/employment/50-plus-job-seeker-networking-groups/registration-form-new-attendees/>**

Winter Scam Awareness With DA Marian Ryan

Friday, March 8th, 2:30-3:30 p.m. Scammers work all year long and vary their scams each season. This talk will educate participants about common scams that target seniors during the winter months. District Attorney Marian Ryan will discuss scams related to home heating, snow removal, roof service, and furnace and chimney cleaning. She will also answer your questions. **Register with the Front Desk at 617-796-1660.**

A Taste of Thailand Cooking Class

Tuesday, April 2nd, 1:30-3:30 pm Thai cuisine is filled with aromatic herbs and spices that create mouth-watering flavors. Join chef instructor Roberta Hing as we learn to make classic recipes that you can replicate

at home. The menu will include Thai Coconut Soup, Pad Thai, and refreshing Mango Ice Cream. Feel free to participate in the cooking, or simply watch and learn. We'll enjoy our meal together at the end of the class.

Cost: \$25. Make check payable to Newton Senior Center. Or pay by credit card (with a 3% convenience fee) by calling 617-796-1670.

Sages & Seekers Info Session

Friday, March 22nd, 1:00-2:00 p.m.

Come learn about Sages & Seekers, a seven-week intergenerational program bringing seniors together with high school students. The program is an opportunity for seniors to share their wisdom and life experience with interested teens. The program will take place at the Rivers School in Weston. **Register with the Front Desk at 617-796-1660.**

Group Poetry Reading

Friday, April 5th, 2:00-3:00 pm

April is National Poetry Month! We'll celebrate the power and beauty of this ancient art form with a group reading. Bring poems you've written, or have always loved, to share. **Register by calling our Front Desk at 617-796-1660.**



Weekly Poetry Workshop

Starts Tuesday, April 9th, 12:00-1:00 p.m.

This ongoing group will be a place to think hard about poetry as an art of saying. We will read and discuss a variety of poems, including any you write and want to share. John Keats' truth and beauty – what is said and how – will be guides in taking the work of others and your own seriously. Led by Marcia Karp, a published poet and experienced teacher. Interest and curiosity are all you need to bring. Please come. **Just show up.**

Arts & Inspiration

What's Old Is New:

Jazz Talk with Peter Gerler

Wednesday, April 3rd, 2:00-3:30 p.m.

Music writer Peter Gerler will show how the past decade has seen an international resurgence of early jazz and swing dance among millennials. He'll present six pairs of tunes, each one featuring a band from 100 years ago and a 21st-century band playing the same song. The talk includes recorded music by famous orchestras, plus vintage film and photography.

Generously sponsored by Maristhill Nursing and Rehabilitation Center. Register by calling 617-796-1660.



Write Your Life Story

Friday, April 12th, 2:00 p.m.

Have you ever thought, "I should write my experiences but I don't know how to begin?" Marian Leah Knapp, who has published three books and more than 100 articles in the Newton TAB, felt that way several years ago. She will talk about how she started writing and some of the lessons she has learned along the way. This informal, inspirational conversation will help you realize that it's never too late to begin. **Register with the Front Desk at 617-796-1660.**

Learn About

Pet Therapy Certification

Friday, April 26th, 2:00 p.m.

Do you have a special dog or cat that might bring joy to those who cannot have a pet? Since 1990, Jo-Edith Heffrom has been visiting hospitals, nursing homes, and schools with her dogs. She will talk about her experience and the requirements an animal must meet to become certified as a therapy animal. Taco, one of her current dogs, will be here, too! **Register with the Front Desk at 617-796-1660.**

Health and Wellbeing

Health Maintenance Clinics

4 Fridays: March 8th, March 22nd, April 5th, and April 19th, 9:30-11:00 a.m.

Get your blood pressure checked and ask the Public Health Nurse questions about your medications. **Just show up.**



Hearing Screenings

First Tuesday of every month

Tuesdays: March 5th and April 2nd, 11:00a.m.-noon
Attend a 10-minute hearing screening with a licensed Audiologist from the West Newton Hearing Center. If you already have hearing aids, she can clean and check them and replace the batteries. **Call the Front Desk at 617-796-1660 to make a 10-minute appointment. Free.**

The Gentle Art of Swedish Death Cleaning

Tuesday, April 30th, 6:00-7:30 p.m.,

Newton Free Library, 330 Homer Street

In Sweden, there's a form of decluttering called 'dö städning,' meaning "death cleaning." This energizing process of clearing out unnecessary belongings around us can be undertaken at any stage of life. It can also help us broach important conversations about advance care planning, by making the whole process uplifting, rather than overwhelming. Presenters Arlene Lowney, RN, MBA, and Jennifer Sax will introduce us to this gentle philosophical practice and to author Margarita Magnusson's book on this subject, which can benefit us all by comfortably

including these important conversations "before the crisis." This program is offered by Good Shepherd Community Care and "Living Wisely, Dying Well."

Friends & Family CPR

Tuesday, April 9th, 9:00-10:30 a.m.

Want to learn how to save a life? Come learn the lifesaving skills of adult/child/infant hands-only CPR and Automatic External Defibrillator (AED) and how to help a choking adult/child/infant. Please note that this program is non-credentialed — no course card will be awarded upon completion. Taught by the City's Public Health Nurse. Class is limited to 16 people. **Register with the Front Desk at 617-796-1660. Free.**

Commodity Supplemental Food Program

Third Friday of every month

2 Fridays: March 15th and April 19th, 1:00-2:00 p.m.

The CSFP is a food distribution service for eligible Newton seniors 60+. Pre-packaged groceries with primarily shelf-stable food is provided, sometimes with produce. Participants can pick up 2 free bags of food once a month at the Newton Senior Center. Participants must meet income guidelines, as well as provide proof of age and residency. **To receive an application, contact Case Manager Emily Kuhl at 617-796-1672 or ekuhl@newtonma.gov.**



Food, Music, Fitness, and Fun!

Irish Stepdancing Performance

Friday, March 15th,
2:00-3:00 p.m.

To help us celebrate St. Patrick's Day, dancers from the Sullivan School

of Irish Dance, based in Newton and Watertown, will perform at the Senior Center. These talented students will demonstrate a variety of traditional forms that have been developed over hundreds of years. You'll be amazed by their grace and athleticism. **Register with the Front Desk at 617-796-1660.**



Tiger's Loft Luncheon

Tuesday, April 2nd,
12:00-1:15 p.m.

Newton North High School's Tiger's Loft Restaurant

Enjoy a meal prepared by students in the Culinary Arts program. Entrée choice is Maple Crusted Salmon or Chicken Piccata. A shuttle is provided from the Newton Senior Center to the school and back, and between the Lowell Avenue parking lot and the entrance to the Tiger's Loft Bistro. Shuttle leaves the Senior Center at 11:30 a.m. **Registration required. Cost: \$5. Make check payable to Newton Senior Center and note your telephone number and entrée choice. Or pay by credit card (with a \$1 convenience fee) by calling 617-796-1670.**

Sing Into Spring Party and Concert

Friday, March 29th,
1:30-2:30 p.m.

Celebrate the arrival of spring with a singalong led by pianist Archie Richards, who has played at the Senior Center several times. We'll also enjoy refreshments.

Generously sponsored by Maristhill Nursing and Rehabilitation Center. Register with our Front Desk at 617-796-1660.



New Fitness Class Begins: 20-20-20

Friday, March 8th, 15th, 22nd, 29th, April 5th, 12th, 19th, and 26th, 10:15 a.m.

This eight-week pilot combines 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching. If successful, this new class will become part of our regular fitness lineup.

Memory Café

Third Wednesday of every month

Memory Café: Bruce Hambro returns with *Rodgers & Hart* and *Rodgers & Hammerstein*

Wednesday, March 20th,
2:00 to 4:00 p.m.

Richard Rodgers composed popular music for more than 50 years. His main lyric-writing partners were Lorenz (Larry) Hart and Oscar Hammerstein II. These partnerships produced countless hit songs and record-breaking Broadway musicals. In this audio-visual presentation, music and film historian Bruce Hambro will encourage audience members to sing along with such iconic hits as *Getting to Know You*, *Oh What a Beautiful Morning*, and others. **Generously sponsored by 2 Sisters Senior Living Advisors.**



Memory Café: *Don't Fence Me In* (Songs from Hollywood) With Doug Schmolze

Wednesday, April 17th,
2:00 to 4:00 p.m.

Doug Schmolze, on voice and guitar, will feature some of the finest songs written for the movies. Doug will set the scene for music by Irving Berlin, Jerome Kern, the Gershwins and Harold Arlen, and will include stories and anecdotes. Visuals and lyrics will be shown on a large screen. Feel free to sing along. **Generously sponsored by 2 Sisters Senior Living Advisors.**

Please register for these special programs with our Front Desk at 617-796-1660.

Games

Vigorous Mind Group Game

Second Thursday of every month

March 14th and
April 11th,
11:00 a.m.-noon



Vigorous Mind games can stimulate your short-term memory, attention to details, focus, speed, and reasoning. These fun, non-competitive games will be led by a Newton Senior Center volunteer who is trained in Vigorous Mind. Open to any seniors who want to exercise their brains. *All are welcome!* **Register with the Front Desk at 617-796-1660.**

Beginner Canasta Workshop 5

Wednesdays: April 24th, May 1st, May 8th, May 15th, and May 22nd,
10:30 a.m. 12:00 p.m.

Looking for a fun card game to play when you get together with friends? Canasta may be for you! Linda Lourie has been teaching Canasta for ten years at senior centers, including ours, and she also teaches private groups.

Registration is required by April 19th or class is subject to cancellation. Minimum of 5 participants, maximum of 10. You do not need to bring cards. **Cost: \$60. Make check payable to Newton Senior Center. Write your telephone number on the check or pay by credit card (with a 3% convenience fee) at 617-796-1670.**

Save the Date for the 6th Annual Senior Prom

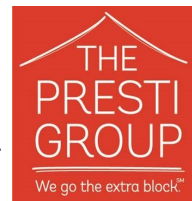
Thursday, May 26th,
6:00-10:00 p.m.

American Legion Post 440

Our theme this year is international — “It’s a Small World!” Enjoy dinner and dancing. Dress for an evening out or, if you prefer, in attire that represents your heritage. **Cost: \$30. Registration begins in mid-April. Contact Ilana at 617-796-1670 for a registration form or visit www.newtonseniors.org.**

Movies

The Presti Group, an independent real estate agency in Newtonville, will be providing free popcorn to movie-goers. The company’s motto is, “We go the extra block.”



**Friday, March 22nd,
2:00 p.m.**
(Note special time. Movie will be shown in the Function Room.)

RBG

Providing an illuminating look at the life of trailblazer Ruth Bader Ginsburg — including her career-defining work in gender-discrimination law — this engaging documentary charts her journey to becoming a justice on America’s highest court. 2018. PG. Run time is 1 hour and 37 minutes.



**Wednesday, April 3rd,
1:00 p.m.**

Dog Days

In this ensemble comedy, dogs are not only man’s best friend, they’re his best matchmaker as a disparate group of Los Angeles — including a mom, an athlete turned TV host, and a barista — connect through their canine companions. 2018. PG. 1 hour, 53 minutes.



**Wednesday, April 17th,
1:30 p.m.**

Puzzle

While leading an empty suburban existence, Agnes discovers the pleasure of solving jigsaw puzzles and finds she has a rare talent for it. Before long, her hobby provides an entrée into a new life through the world of competitive puzzling. 2018. R. 1 hour, 43 minutes.



Support Groups

Bereavement Support Group

Third Thursday of every month
(Note March schedule change)

Thursdays: March 14th and April 18th,
10:30-11:30 a.m.

This group is a safe place to reflect on our losses (separation from or death of loved ones, end of life, etc.). We will explore meditation, writing, poetry, and simple rituals and share strategies for self-care and community support. Betsy Simmons is a holistic health educator, spiritual care provider, and mindfulness teacher. New members are always welcome! **Just show up.**

Caregiver Support Group

Third Tuesday of every month

Tuesdays: March 19th and April, 16th,
1:30-3:00 p.m.

Open to all family caregivers of seniors.

Learn from, and share with, other participants who are caring for an elderly family member. **Register with Case Manager Emily Kuhl at 617-796-1672.**

Clutter Support Group

Second Friday of every month

Fridays: March 8th and April 12th,
2:30-3:30 p.m.

Get support from others while learning strategies for de-cluttering. This program is co-sponsored by the Newton Department of Senior Services and Riverside Community Care. **For info, call Karin Lehr at 617-969-4925, ext. 5958.**

Low Vision Support Group

First Monday of every month

Mondays: March 4th and April 1st,

12:30-2:00 p.m.

The March speaker will be Bill Kilroy from Freedom Scientific, which produces low-vision products. April's speaker to be announced. **Just show up. For more info, call Low Vision Volunteer Trudy at 617-969-7084.**

Parkinson's Support Group

Last Monday of every month

Mondays: March 25th and April 29th,
10:30-11:30 a.m.

People with Parkinson's Disease, caregivers, and family members are all invited to attend. This is a forum to share experiences and learn from one another. Facilitated by James Demicco, a retired primary care physician with a special interest in Parkinson's Disease and related disorders. **Just show up.**

Monthly Programs

LGBTQ Elder Café

(Lesbian, Gay, Bisexual, Transgender, & Queer)

Fourth Tuesday of every month

Tuesdays: March 26th and April 23rd, 6:00-7:30 p.m.
We'll enjoy dinner and conversation at these monthly gatherings. **The March event is generously**

sponsored by Heathwood Healthcare and West Newton Healthcare. For more information, call Julie Joy at 617-796-1674.

RSVPs required to jjoy@newtonma.gov



Newton Men's Club

Thursdays: March 14th and April 11th,
9:30 a.m.

Johnny's Luncheonette, 30 Langley Road, Newton Centre

Thursdays: March 28th and April 25th
9:30 a.m., Newton Senior Center

The topic for March will be "A Witness to History: a Newtonite Survives 9/11," by Victor Colantino. In April, Christopher Dame will present "Bali – Tourist Paradise With a Dark Past." **Just show up. To be connected with our Men's Club Volunteer,**

please contact Elizabeth at 617-796-1663 or

10 elund@newtonma.gov.

Short Story Group

Last Thursday of every month

Thursdays: March 28th and April 25th,
10:30-11:30 a.m.

This monthly group discusses one selected story. Copies of the next short story can be picked up at the Senior Center Front Desk. Discussion facilitated by Ditta Lowy. We welcome new participants! **Just show up.**

Book Club

Usually the third Friday of every month

Fridays: March 15th and April 12th,
10:00-11:30 a.m.

- March's book is **Killers of the Flower Moon**, by David Grann.
- April's book is **Sing Unburied Sing**, by Jesmyn Ward.

All are welcome. **Just show up.**



MetroWest Legal Clinic

Tuesday, March 12th and April 23rd, 12:00-2:00 p.m.
An attorney from MetroWest Legal Services will offer free legal advice. Assistance is available in housing, social security income, government benefits, consumer issues, debt collection, and advance directives such as healthcare proxy or power of attorney. **Call the Front Desk at 617-796-1660 for a 20-minute appointment slot.**

Off-Site Programs

Now What? Living in the 55 and Over Lane Conversation Group

Second Thursday of every month

2 Thursdays: March 14th and April 11th, 10:00 to 11:30 a.m.

3rd floor Arc, Newton Free Library, 330 Homer Street

Join a gathering for residents 55+ to socialize and engage in conversation on topics that are most important to them. The goals of the group are to reunite with old friends and make new ones, to learn helpful information about activities, events, volunteering and employment opportunities, to explore this phase of life, and to have some laughs. **Just show up Questions? Contact Margaret Leipsitz at 617-796-1665 or**

mleipsitz@newtonma.gov.org.

Taste of Senior Living Tuesdays



Tuesday, April 23rd — Cabot Park Village in Newtonville

11:45 a.m.-1:45 p.m.

You will have a taste of different senior living facilities in the area. Eat lunch in the dining room and have a tour of the facility. A van will provide pick-up and drop-off. Limited to 11 people. **Advance registration is required. Call the Front Desk at 617-796-1660. Please provide 24 hours notice if cancelling your tour, so that someone on the waiting list may attend.**

Conquer Your Clutter

Fridays: March 29th and April 5th from 1:00-3:00 p.m.,

Newton Free Library, 330 Homer Street

Come to one or both sessions and learn strategies and tools to work on decluttering. Patty Underwood, LICSW, and Karin Lehr, LICSW, will co-lead the workshops, which are generously sponsored by the Lee Mannillo grant through Mass Housing. Contact Pam Weissman for more information: pweissman@newtonma.gov or 617-796-1282

Art

Ceramics Workshop

8 Thursdays: March 28th, April 4th, 11th, 18th, 25th, May 2nd, 9th, and 16th,

Session I, 10:30 a.m.-12:00 p.m.

Session II, 12:30 p.m. -2:00 p.m.

Have fun while learning to create sculptures, tiles, a wall piece, or bowls, cups, and plates. The classroom is equipped with a pottery wheel and a slab roller. Instructed by Bet Lee. Class limited to 10 people.

Cost: \$50. Make check payable to Newton Senior Center. Please write your telephone number and preferred Session (I or II) on the check. Or pay by credit card (3% convenience fee) by calling 617-796-1670.

Beginning Mosaic Workshop

Monday, April 8th,

10 a.m. to 12 p.m.

This one-day workshop will introduce participants to the materials and techniques – cutting, adhesives, and grouting – necessary to produce a small decorative mosaic. Materials and tools will be provided, but if you have something you would like to incorporate into your piece, such as tiles, beads, or broken dishes, feel free to bring them along. Minimum of 7 people to avoid cancellation, maximum of 10. Taught by Rita Foglia.



Cost: \$15. Make check payable to Newton Senior Center. Write your telephone number on the check or pay by credit card (3% convenience fee) by calling 617-796-1670.

Introduction to Watercolor Painting

6 Wednesdays: March 20th, March 27th, April 3rd, April 10th, April 17th, and April 24th, 1 p.m. to 3 p.m.

Learn the fundamentals of watercolors and brush techniques through a focus on still life and landscape paintings. Catherine Byun Min received two Master's of Fine Arts degrees in painting — from the Pratt Institute in Brooklyn and Hong-ik University in Seoul, Korea. She has taught art classes for many years. Class limited to 10 people. Registration required by March 13th or class is subject to cancellation. **\$85. Make check payable to Newton Senior Center. Write your telephone number on the check. Or pay by credit card (3% convenience fee) by calling 617-796-1670.**

Donations of the following art supplies are needed:

Watercolor paper Acrylic Paint
Watercolors Oil Canvas Board

Please call Elizabeth at 617-796-1663 if you have any of these items to donate.

In Gratitude

THANKS FOR THE CONTRIBUTIONS TO THE SENIOR CENTER:

- David Banash, in appreciation of the Senior Center
- David Guinness, in appreciation of the Newton Senior Center
- Judith Horgan, in loving memory of Mary Jo Alexander
- Rita Kelly and Leslie Friedman, in appreciation of John Flynn and the Senior Center in general

Art and Photography Demonstrations

The Newton Art Association invites you to their monthly art demonstrations at the Newton Senior Center. All are welcome!

Thursday, March 14th, 7:30 p.m.

Artist Demo: "Ron Krouk, Oils"

Thursday, April 11th, 7:30 p.m.

Artist Demo: "Bonnie Lerner, Collage"

Enjoy refreshments at 7 p.m., then watch the artist in action.

For more info, see [www/newtonartassociation.com/](http://www.newtonartassociation.com/)

The Newton Camera Club provides a welcoming community for photographers of all skill levels to learn, discuss, and practice photography with other like-minded people. The Club provides opportunities to learn from renowned photographers through presentations, critiques, and workshops. Members enjoy opportunities to exhibit and share their work. Meetings are held the second and fourth Monday evenings of each month, from 7:30-9:00 p.m., at the Newton Senior Center. See the club's website for more details: www.newtoncameraclub.org



City of Newton Parks and Recreation 55 and Over Programs

***Registration is required for ALL programs (free and paid) listed below.

To register, call 617-796-1506.***

Adapted Ballet: Friday mornings, 11:00 a.m.-12:00 p.m., at Joanne Langione Dance Studio in West Newton. This class emphasizes posture, leg strength, and balance. You don't need to have experience, or wear a tutu or ballet shoes. The first class is free. After that, each class is \$6.25.

(New) Muscle Up: Grow strong and stay strong! One-hour strength building class, Tuesdays 9:00-10:00 a.m., at the Albemarle Fieldhouse. Please bring two 5-pound weights to class. Some equipment is available. \$5 per class.

Spring Watercolor Class April 4th: Join us from 12:30 p.m. to 2:p.m. for this one-time class as we explore water colors, color washes, blend colors, and use various brush techniques. Cost \$15. After this, continue painting with our Wednesday afternoon art group from 12:30 p.m.-2:00 p.m. Both events will be held at 250 Albemarle Road.

Coming Soon — Rock Steady: This evidence-based program gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing-based fitness curriculum. Class will begin this spring at the Nonantum Boxing Club. Details TBA.

Day Trips — Luncheons & Entertainment. Enjoy a corned beef dinner with Irish stepdancing and song **March 13th** at the Marlborough Country Club. Cost \$72.00. On **April 10th**, enjoy a Hawaiian luau, complete with hula dancers, at historic Needles Lodge in Hanson, Mass. Cost \$68.00

LaBlast This multi-level, partner free dance class enables participants to learn at their own pace. And it is a blast. Monday mornings at 10:00 a.m. at the Hawthorne Gym, 11 Hawthorne Street. \$5 per class.

Tai-Yo-Ba This gentle movement class is a combination of Tai Chi, yoga, and balance and can be performed **while standing or seated**. Classes available on Tuesday from 10:00-11:00 a.m. and Thursday from 9:00-10:00 a.m. \$5 per class.

Volunteer Opportunity Spotlight

Introductory Workshop for ELL Tutors, Thursday, March 28th, 7:00 p.m., Trustees' Room (Newton Free Library). With your help, the Newton Free Library provides free tutoring services for adult English Language Learners. Volunteer tutors are needed for this rewarding work. Just an hour a week of your time can make a real difference. No experience or foreign language skill use is necessary. Tutor training workshops are offered at the library. Come to this introductory meeting to find out more! Questions? Contact Susan Becam, Program Coordinator, at [617-796-1360](tel:617-796-1360) or NewtonELL@minlib.net.

ANSWERS TO YOUR MEDICARE QUESTIONS



Are you turning 65 in the next three months? Are you over 65 and planning to retire

soon? Do you understand your Medicare deadlines and options? Are you having trouble paying for medical expenses and prescription drugs?

If any of these questions apply to

you, contact the **SHINE** (Serving Health Insurance Needs of Everyone...on Medicare) program.

Certified SHINE counselors are available **all year** to help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call the Newton

Senior Center at 617-796-1660.

For other SHINE-related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A counselor will call you back as soon as possible.

Co-sponsored Events at the Newton Free Library

2019 You and Your Financial Future Series

Are you on track to achieve your financial goals now and throughout your life? Do you want to learn about saving successfully to reach your financial goals, how to use your money wisely, protect your wealth, and smart strategies for wealth distribution in any phase of life? Join our expert speakers at the *You and Your Financial Future* series, where you will learn about a variety of important money-related topics. This year's series will cover:



Tax Cuts and Job Act

Wednesday, March 13th, 6:30 p.m.
Jen Sieckowski, Director of ALL CPAs Tax Accounting Advisory, will speak about key provisions in the Tax Cuts and Jobs Act and how they will affect individuals and families.

Surviving Market Swings

Wednesday, April 17th, 6:30 p.m.
Dr. David Griswold, independent financial advisor and former finance and economics professor in the MBA program at Boston University, will speak about strengthening and diversifying your portfolio. Learn how to keep expectations in check and utilize fundamental investment tactics to enhance your potential for success. The evening

will cover recent events on Wall Street, challenges facing the economy, and the unpredictability of financial markets.

Making College Affordable

Wednesday, May 8th, 6:30 p.m.
Todd Weaver, Senior Vice President with Strategies For College, Inc., will speak about when to start saving for college, how the formulas work for each family, and how to match the student's academics with the college funding outcomes that work for them.

Just show up for these programs. The series is co-sponsored by the City of Newton Department of Senior Services.

Reading of *Prime Time*

On Monday, April 29, at 7 p.m., join local star Annette Miller for a staged reading of the anti-ageist comedy, *Prime Time*. The play



chronicles the experiences of diva Gloria Aran, star of a long-running TV soap opera, who is told that the producers are killing off her character to make way for a younger demographic. Aran fights back, first trying "rejuvenation," and then authentically taking charge of her future. Award-winning writer and age critic Margaret M. Gullette will facilitate an audience discussion following the production. **This program is supported by a grant from the Mass Cultural Council and the Newton Cultural Council.**

Look Closer: Hidden History Tours

Saturday, March 16th, 9:15 a.m., *Durant-Kenrick House & Grounds, 286 Waverley Ave., Newton*

What can a bed tell us about the social status of the person who slept there? How does the architecture of a home reinforce gender roles? With a Historic Newton educator, examine selected objects to uncover the history hidden in plain sight in a 30-minute tour. Each tour will focus on a specific theme at the Durant-Kenrick House and Grounds. Free with museum admission.

Sign Up for Mayor Fuller's Email Updates

Looking for the latest news about happenings at City Hall and around Newton? To receive Mayor Ruthanne Fuller's email updates, go to:

newtonma.gov/gov/mayor/newsletters.asp and click on

the image pictured above. To see archived editions of the Mayor's Email Updates, visit the City of Newton website at <http://www.newtonma.gov>.

sign up today!
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Newton Department of Senior Services

Phone 617-796-1660 Fax 617-969-9560

www.newtonseniors.org

Monday - Friday, 8:30 a.m. - 4:00 p.m.



Staff: 617-796-XXXX

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Jayne Colino, Director, 1671
Alice Bailey, Executive Administrator, 1664
Lucy Bedigian, Lunch Site Manager, 1668
John Flynn, Custodian, A.M.
Julie Joy, Volunteer Coordinator, 1674
Emily Kuhl, Case Manager, 1672
Margaret Leipsitz, Outreach
Engagement Coordinator, 1665
Elizabeth Lund, Program Assistant, 1663
Ilana Seidmann, Program Coordinator, 1670

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Mission

The mission of the Department of Senior Services is to optimize quality of life for older adults and those who support us through welcoming, respectful, and meaningful opportunities that engage and value older people and empower us to remain independent and to be important assets in our community.

Vision

To provide sustained leadership that helps Newton be a livable and age-friendly community for all who choose to age here.

Statement of Welcome

The Newton Department of Senior Services welcomes the diversity of our senior community and strives to reflect our values of inclusion and mutual respect through supportive services, programs, and advocacy.

The publication of Coming of Age is sponsored by the Executive Office of Elder Affairs and the Senior Citizen Fund of Newton, Inc.